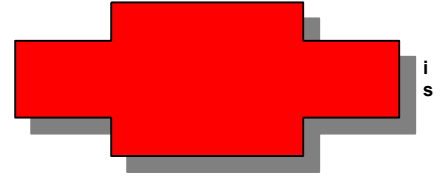


Learn-to-Swim

The American Red Cross offers six comprehensive course levels that teach you, your child or other family members how to swim skillfully and safely. The pre-requisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no pre-requisite. Each level of Learn-to-Swim includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below:



AMERICAN RED CROSS

Level 1 – Introduction to Water Skills

Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

*Enter and exit water safely
Float on front and back
Open eyes underwater, submerge to pick up object*

*Submerge mouth, nose, and eyes
Explore arm and hand movements*

*Exhale underwater
Explore swimming on front & back*

*Use a life jacket
Follow basic water safety rules*

Level 2 – Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills. Level 2 participants learn to:

*Exit water using ladder or side
Tread water
Glide on front and back*

*Float on front and back
Explore swimming on side
Roll over from front to back, back to front*

*Enter water by stepping or jumping from the side
Open eyes underwater, submerge head to retrieve object
Swim on front & back using combined strokes*

*Move in water wearing life jacket
Perform rhythmic breathing*

Level 3 – Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:

*Jump into deep water from the side
Perform rotary breathing
Perform butterfly kick and body motion
Change from vertical to horizontal position on front and back*

*Dive from sitting or kneeling position
Survival float
Perform HELP and huddle positions*

*Submerge fully and retrieve object
Swim front crawl
Perform reaching assists*

*Bob with head fully submerged
Swim back crawl
Use Check-Call Care/ emergency*

Level 4 – Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills. In addition to improving the front crawl and back crawl, Level 4 participants learn to:

*Dive from compact or stride position
Swim breaststroke
Tread water using sculling arm motions & kick throwing assists*

*Swim underwater
Swim elementary backstroke
Use safe diving rules*

*Perform feet-first surface dive
Swim on side using scissors kick
Care for conscious choking victim*

*Coordinate butterfly
Perform open turns on front and back
Perform compact jump into water from a height while wearing a life jacket*

Level 5 – Stroke Refinement

Purpose: Provides further coordination and refinement of the following strokes:

*Front crawl
Elementary backstroke*

*Back crawl
Sidestroke*

Breaststroke

Butterfly

Level 5 participants also learn to perform:

*Shallow dive and begin swimming
Front flip turn*

*Treading water with two different kicks
Backstroke flip turn*

*Survival swimming
Rescue breathing*

Tuck and pike surface dives

Level 6 – Swimming and Skill Proficiency

Purpose: Refines all six strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses, or other aquatic activities, such as competitive swimming or diving. The options include:

Personal Water Safety

Lifeguard Readiness

Fundamentals of Diving

Fitness Swimmer